

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat, Fish, and Seafood Mains</b>	<b>Vietnamese Shrimp</b> Shrimp, Salt, Turmeric, Fish Sauce, Garlic, Lime, Sugar, Sambal, Cilantro, Mint, Quick Pickled Red Onions	<b>BBQ Beef Short Ribs w/Peach BBQ Sauce</b> Beef Short Ribs, Spice Rub- Chili Powder, Brown Sugar, Cumin, Salt, Pepper, Paprika, Chili Flakes, BBQ Sauce- Peaches, Tomato, Onion, Apple Cider Vinegar, Brown Sugar, Cumin, Salt, Pepper, Lemon Juice, Green Onion	<b>Prosciutto and Mozzarella Sandwich</b> La Quercia Prosciutto, Mozzarella, Pesto, Sun Dried Tomato Spread, Arugula, Focaccia Bread	<b>Coconut Curry Baked Corvina</b> Corvina, Coconut Milk, Yellow Curry, Curry Leaves, Turmeric, Garam Masala, Salt, Pepper, Lime Juice, Ginger, Toasted Coconut	<b>Spice Roasted Chicken w/ Cilantro Crema</b> Bone in Chicken Chipotle Powder, Onion Powder, Garlic powder, Cumin Oil, Coriander, Salt, Pepper, Chipotle in Adobo, Garlic, Onion Creme Fraiche, Coriander Cilantro
<b>Vegetable Mains</b>	<b>Soba Noodle Salad</b> Soba Noodles, Grilled Tofu, Bell Pepper, Spring Onions, Sun Flower Sprouts, Carrots, Miso Dressing- Miso Paste, Tamari, Sesame Oil, Olive Oil, Brown Sugar, Ginger, Lime	<b>BBQ Seitan w/Peach BBQ Sauce</b> Seitan, Spice Rub- Chili Powder, Brown Sugar, Cumin, Salt, Pepper, Paprika, Chili Flakes, BBQ Sauce- Peaches, Tomato, Onion, Apple Cider Vinegar, Brown Sugar, Cumin, Salt, Pepper, Lemon Juice, Green Onion	<b>Open Faced Avocado Sandwich</b> Avocado, lemon, salt, Cucumber, Sprouts, Radish, Pickled Onions, Whole Grain Bread	<b>Coconut Curry Tofu</b> Grilled Tofu, Red Onion, Coconut Milk, Curry Leaves, Turmeric, Yellow Curry, Garam Masala, Lime Juice, Ginger, Garlic, Salt, Pepper, Spinach, Red Bell Pepper	<b>Marinated Grilled Tofu w/ Cilantro Crema</b> Chipotle powder, Onion Powder, Garlic Powder, Cumin, Oil, Coriander, Salt Pepper, Chipotle in Adobo, Garlic, Onion, Creme Fraiche, Coriander, Cilantro
<b>Vegetable Side</b>	<b>Shiitake Mushroom Salad</b> Mushrooms, Cucumber, Bean Sprouts, Toasted Peanuts, Cilantro, Mint, Fresno Chiles, Crispy Shallots, Dressing- Lime, Brown Sugar, Chili, Garlic, Salt, Rice Vinegar, Tamari	<b>Butter Bean Salad</b> Butter Beans, English Peas, Red Onion, Roasted Bell Pepper, Celery, Dill, Greek Yogurt, Salt, Pepper, Lemon Juice	<b>Grilled Carrots</b> Carrots, Olive Oil, Salt, Mandarin Chutney- mandarins, onion, Brown Mustard Seeds, Ginger m, Garlic, Rice Vinegar, Brown Sugar, Turmeric, Chili Flakes, Feta Cheese, Toasted Pistachios	<b>Cauliflower and Potato Salad</b> Cauliflower, Yukon Potatoes, Garam Masala, Tomato, Chili Powder, Turmeric, Cumin, Salt, Pepper, Garlic, Olive Oil, Onion, Lemon Juice, Cilantro	<b>Spinach and Mandarin Orange Salad</b> Spinach, Mandarins, Cucumbers, Red Onions Cranberries, Almonds Dressing- Orange juice Lemon juice, Dijon Mustard, Olive Oil Salt, Pepper